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Conceptual study of diet for different *Prakriti*

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ABSTRACT

In Ayurveda, concept of *Prakriti* plays an important role in deciding individuals ahara, vihar, achara and parihara following this leads to healthy life. Today society is conscious and always eager to know about the diet and its nutrition, hence they blindly followed the things which they see in newspaper, TV etc. They think that the particular diet has so many qualities which give them better health. But all the food is not for everyone due to different *Prakriti* according to Ayurveda and also such type of advertisements are general and especially for marketing. One should know the suitability for particular diet towards their body and then after consuming it. Hence knowledge of *Prakriti* and diet for different *Prakriti* is very essential. In present era, to evaluate the role of diet and life style in different constitutions (*Prakriti*) for achieving the health as well as in the manifestation of diseases and after following them to check the changes taking place in health status, and for health status this particular subject has been selected for the present study. so here diet for different *Prakriti* is given.

Key words: *Prakriti, Diet, Ayurveda*

INTRODUCTION

Ayurveda has a unique system of medicines for fulfilling its two aims i.e. Preventive and primitive aspects. There is a detail method described by Acharyas for achieving and maintaining the health as well as during treats the diseases. For preventive aspect the complete routine during entire day and night and also during every season is mentioned under the heading of Dinacharya, Ritucharya and Swasthavritta. While for curative aspect, very minutely observing the different factors called “Sukshma Avasthantarani” which gives the success to physician in his career and *Prakriti* factor is one of

them. Acharya Charaka has narrated it as very first factor should examine by physician.^[1]

The present era has shown a significant change in the entire thinking about the problems of health and diseases towards its preventive measures. In this advancing and rapidly changing scenario of global health, personalized medicine is a field of health care that is informed by each person's unique, genetic, genomic and environmental information.. Personalized medicine is about making the treatment as individualized as the disease. It is similar to Ayurveda's *Prakriti* based treatment. According to Ayurveda, the individual constitution or *Prakriti* classification is based on differences in physical, physiological and psychological characteristics and is independent of racial, ethnic or geographical considerations.

Need: Ayurveda stressed that one must protect the body 1st by leaving all worldly things because without healthy body there is nothing in the world to do and for live happy and healthy life, health it is very essential matter. Now a days to gain optimum health *Prakriti* based diet and life style is the first and prime need for everyone.^[2]

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AIM AND OBJECTIVE

1. To explain the importance of *Prakriti*, diet for achieving and maintaining a healthy status.
2. To assess diet for different *Prakriti*

MATERIALS AND METHODS

Conceptual study - The available Samhitas mainly Charaka, Sushruta, Astanga Hridaya, Astanga Sangraha and text book of Ayurveda, Research papers, Articles and related material available on internet. The collected material has been analysed and compiled to form the conceptual base.

Concept of Prakriti

According to Brahma Vaivarta Purana, *Prakriti* is formed from 3 letters viz, Pra, Kri and Ti. The letter Pra stands for the Prakrashta Guna i.e. superior quality- Satva, Kri for the moderate one the Rajas and Ti for Tamas. Pra also suggests the superior or best and Kri stands for creation. So the best of creation or the superior creation is *Prakriti*.^[3]

Types of Prakriti

Prakriti is mainly divided in two types:

1. Sharira *Prakriti*
2. Manasa *Prakriti*

Depending on the dominance of Doshas, Sharira *Prakriti* has seven subtypes and depending on the dominance of Trigunas, Manasa *Prakriti* is mainly divided into three types. Further it has seven, six and three subtypes.

Sharira *Prakriti*^[4]: 1) Vataja 2) Pittaja 3) Shleshmaja 4) Vata-pittaja 5) Vata Shleshmaja 6) Pitta Shleshmaja 7) Samadoshaja.

Manasa *Prakriti*

1. **Satvika**: a. Brahma b. Arsha c. Endra d. Yamya e. Varuna f. Kubera g. Gandharva
2. **Rajasika**: a. Asura b. Rakshasa c. Pishacha d. SarpaePreta f. Shakuna
3. **Tamasika**: a. Pashava b. Matsya c. Vanaspatya

Importance of Prakriti

There are two aspects on the basis of the two aims of Ayurveda: 1. For health purpose, 2. For treatment purpose.

1. For Health Purpose:

Prakriti plays an important role in the development of body, its complexion, behaviour, resistance power i.e. immunity, health status, reproductive capacity etc. Ahara is called Mahabhesaja, but this Ahara should be taken by person according to his own *Prakriti*. Hitakara Ahara for one type of *Prakriti* person may be Ahitakara to the other *Prakriti*. Hence the knowledge of *Prakriti* is essential to maintain the healthy status. Bala and Ayu of an individual is also predicted by the study of his *Prakriti* e.g. Vataja persons have less amount of strength and short life span. *Prakriti* also has its impact on Agni and Kosta of individual hence Agni and Kosta of persons are decided by knowledge of *Prakriti*.

Knowledge of *Prakriti* is helpful in maintaining the healthy status. If the diet, daily regimen, seasonal regimen etc. conduct by a person having opposite Gunas to their *Prakriti*, than person can maintain their health for long time.

2. For treatment purpose:

Prognosis and diagnosis of the diseases is decided by the knowledge of *Prakriti*. Acharya Charaka has described the factors which determine the nature of the diseases which are easily curable (Sukhasadhya) and *Prakriti* is one of the factors which decide the Vyadhi's Sadhyata-Asadhyata. Means Acharya says that if the Dosha which is responsible for disease is not similar to the Dosha of *Prakriti* than the disease become Sukhasadhya and vice versa.^[5]

Diet: In Amarakosha, Ahara word can be concluded that the word Ahara means any substance which is taken in via the mouth and swallowed through throat.^[6]

Importance of Diet

The food is said to be cause of stability for all living beings. There is nothing else except diet for sustaining

the life of living beings. Ahara is said to be Mahabhaisajya by Kashyapacarya, hence no medicament like diet is available. One cannot sustain life without diet even if endowed with medicine that is why the diet is said to be the great medicament by physician. Diet is said to be basis of life, strength, complexion, Ojas, growth and development, clarity of Indriyas, happiness, clarity of voice, lustre, pleasure, increase of Dhatus, intellect, health etc; entire life of individual depends upon food, all the activities of this world, as well as efforts made for eternal emancipation depend upon diet, thus cereals are the greatest in the comparison of other things.

Role of Prakriti in Diet

Ayurveda advocates the way of well-being and it is aimed in fulfilling the following aspects.

To maintain the health of a healthy person i.e. the preventive aspect and to cure the illness of a diseased person i.e. the therapeutic aspect.^[8] By *Prakriti* based diet, a person can achieve the first and prime aim of Ayurveda. i.e. (Preventive aspect).

In this modern era, society consumes the diet according to calorie counting. But when one chooses a diet according to *Prakriti*, there is no need to do calorie calculation.

Effect of Ahara depends on the person who consumes; it can produce, it can alleviate or can prevent disease depending on the *Prakriti* of the person and the quality of Ahara like Hot or cold, heavy or light, moist or dry etc.

Diet for different Prakriti^[8]

| Diet | Vata | Pitta | Kapha |
|---|------|-------|-------|
| Grains | | | |
| Wheat (Godhuma) | + | + | - |
| Rice (old) (Shali) | + | + | + |
| Nivara (one type of rice) Hydrorhyzaaristata | - | + | - |
| Millet (Bajara) | - | - | + |

| | | | |
|---|---|---|---|
| Barley (Java) | - | + | + |
| Corn (Maize) | - | + | + |
| Jowar (Yavanala) | - | + | + |
| Kangu (Kanga-Setariaitalica) | - | + | + |
| Paspalumscrobiculatum(Kodrava) | - | + | + |
| Lemon grass (Jambira-HariChaya) | + | - | + |
| Japanese barn yard millet (Shyamaka) | - | + | + |
| Cereals/ pulses | | | |
| Black gram (Masha) | + | - | - |
| Green gram (Mudga) | + | + | + |
| Red gram/pigeon peas (Tuvara) | - | + | + |
| Horse gram (Chanaka) | - | + | + |
| Lentil (Masura) | - | + | + |
| Sesame (Tila) | + | + | + |
| Chinese bean/cows peas (Rajamasha) | - | + | + |
| Aconite leaved kidney (Makushtha) | - | + | + |
| Peas (Kalaya) | - | + | + |
| Pink beans (Nishpava) | - | + | + |
| Horse gram (Kulattha) (Dolichosbiflorus) | + | - | + |
| Buck wheat (Rajagara) | - | + | + |
| Soybeans | + | + | - |
| Vegetables | | | |
| Drum stick (Shigru) | + | + | + |
| Radish (Mulaka) | + | - | + |
| Radish leaf (Mulakapatra) | + | + | + |
| Brinjal (Vartaka) | + | - | + |
| Bitter gourd (Karavellaka) | - | + | + |

| | | | |
|--|---|---|---|
| Cabbage (Dalamatini/Gobhi) | - | + | - |
| Potato (Solanumtuberosum) | - | + | - |
| Sweet potato (Shakkarakanda) (Ipomoea batatas) | - | + | - |
| Tomato (Raktavardhak) Love apple/woif-peach | + | - | - |
| Onion (landu) | + | - | - |
| Garlic (Rasona) | + | - | + |
| Carrot (Grunjanak) | + | - | + |
| Lady's finger/Okra/Gobba (Karaparnaphala) | - | + | - |
| Beet root/ Garden beet(Raktagrinjana) | - | + | - |
| Indian bean (Valora /Papadi) (Hyacienth beans) | + | + | - |
| Cucumber (ripe)(Karkati) | - | - | - |
| Cucumber (unripe)(Karkati) | - | + | - |
| Spinach (Palankya) | - | + | - |
| Cauliflower (Botrytis camliflower) | - | + | + |
| Narrowleavedsepistan (SleshmatakaGund), | - | + | + |
| Tritoscucunerinnas (Paraval) | + | + | + |
| Vetches (Guvaka) | - | + | - |
| Round gourd/ivy gourd -Tindora (Gholu/Bimbi) | - | + | - |
| Pumpkin /ash gourd (Kushmanda) | + | + | + |
| White gourd (Alabu/Dudhi) | - | + | - |
| Ribbed gourd/ghosby (Turiya/Dhara Koshataki/ Raj Koshataki) | - | + | - |
| Mooth gourd (Galka/MahaKoshataka) | - | + | - |
| Maranth (Tandalajo) | + | + | + |
| Karkotaki (Kantola) | + | + | + |

| | | | |
|--|---|---|---|
| Leptadeniareticulata (Jeevanti) | + | + | + |
| Dindisha -Tinsa /Tendasa | - | + | + |
| Yam (Ratalu) | - | + | - |
| Lambs quarters (Vastuka /Tank) | + | + | + |
| Elephant's ear-alavi (Aluka) | - | + | - |
| Elephant's foot (Surana) | + | - | + |
| Asparagus racemosus (Shatavari) | + | + | - |
| Negtshode (Kakamachi/makoy) | + | + | + |
| Cissampelospareira (Patha) | + | + | + |
| Red Malabar nightshade/Indian spinach (Upodika/Poi) | + | + | - |
| Chivillika (LuniniBhaji) | + | - | - |
| Andropogonsquarrosus (Ushira/Valo) | + | + | - |
| Chakramardapatra (KunvadiyaniBhaji) | + | - | + |
| Indian sorrel (Changeri) | + | - | + |
| Spices | | | |
| Ginger (Ardraka) | + | - | + |
| Mustard (Rajika) | + | - | + |
| Fenugreek (Methika) | + | - | + |
| Clove (Lavanga) | - | + | + |
| Camphor (Kapoora) | + | - | + |
| Cardamom (Ela) | - | - | + |
| Coriander (Dhanyaka) | + | + | + |
| Cumin seed (Jeerak) | + | - | + |
| Asafoetida (Hingu) | + | - | + |
| Red chillies (Tikshna/Katuvira/Pittakarini) | - | - | + |
| Green chillies (Capsicum annum) | - | - | + |

| | | | |
|---|---|---|---|
| Black Pepper (Maricha) | + | - | + |
| Dill seed (Shatapushpa) | + | - | + |
| Turmeric (Haridra) | + | + | + |
| Celery leaves (Ajmo/Yavani) | + | - | + |
| Fennel seeds (Misreya) | + | + | + |
| Tamarinda (Chincha) | - | - | - |
| Mangosteen (Vrikshamla/Kokam) | - | - | - |
| Roots of piper longum (Pippali/Mula/Ganthoda) | + | - | + |
| Mint (Pudina) | + | - | + |
| Murrayakoenigil (Mishta Nimba /Kaitarya) | - | + | + |
| Cinnamon (Taja Patra) | + | - | + |
| Nutmeg (Jatiphala) and Mace (Javitri) | + | - | + |
| Poppy seeds (Khasa-Khasa) | + | + | - |
| Saffron (Kumkum) | + | - | + |
| Sacred basil (Surasa/Tulsi) | + | - | + |
| Soda bi carbonate (Kshara-PapadiyoKharo) | + | - | + |
| Fruits | | | |
| Indian gooseberry (Amalaki) | + | + | + |
| Mango (Raw)(Amra) | - | - | + |
| Mango (Ripe)(Amra) | + | + | - |
| Papaya (ErandaKarkati) | + | - | - |
| Orange | + | - | - |
| Pineapple(Paravati/Kaustukasangyaka/ Annana) | + | - | - |
| Apple(Sev/Sinchitika) | + | + | - |
| Banana (Kadali) | + | + | - |

| | | | |
|---|---|---|---|
| Grapes (Draksha) | + | + | + |
| Coconut (Narikela) | + | + | - |
| Strawberry | + | - | - |
| Cherry plum (Ripe) | + | - | - |
| Lemon (Nimbuka) | + | - | + |
| Pomegranate (Dadima) | + | + | + |
| Guava (Perukam/Mriduphala/Dridhabijam) | - | + | - |
| Jack fruit (ripe) (Fanasa-Panasa) | + | + | - |
| Citrus medica(Bijapura/ Matulunga) | + | - | + |
| Sweet lime | + | + | - |
| Pear (Naspati) | + | + | + |
| Water melon (Kalinga/ Tarabuja) | - | - | - |
| Rose apple/black plum (Jamboo) | - | + | + |
| Plum (Aloo) | - | + | - |
| Sugar Cane (Ikshu) | + | + | - |
| Peach | - | - | - |
| Mulberry -Ripe (Shetura) | + | + | - |
| Litchi | - | - | - |
| Musk melon/sweet melon (Cucumismelo) | + | + | - |
| Custard apple/sugar apple/ sweet soap (Seetaphala/Gandagatra/Krishna beeja) | + | + | - |
| Bael (Bilva fruit) | - | + | + |
| Mimusopshexandra(Rayana/rajadana/ kshirika) | + | + | - |
| Jujube (Ripe) (Badara) | + | + | - |
| Gromia (Falsa-Parushaka) | + | + | + |
| Wood apple (ripe) (Kapittha) | + | + | - |

| | | | |
|---|---|---|---|
| Apricot (Jaradalu) | - | + | - |
| Water chestnut (Shringataka) | - | + | - |
| Dates (Kharjura) | + | + | - |
| Cashew nut (Vritarushkara/Kajutaka) | + | - | + |
| Chirongiasapida (Chironji/ Priyala) | + | + | - |
| Walnut (Akshotaka) | + | + | + |
| Pistachio nut (Nikochaka/Charuphala) | + | - | + |
| Almond (Vatam/Netropamaphalam) | + | + | - |
| Fig (Anjira/Ficuscarica) | - | - | + |
| Ground nut (Bhushimbi/Snehabija/Mandapi) | - | - | - |
| Betal nut/ areca nut (Pugaphala) | - | + | + |
| Sago (Sabudana) | - | - | - |
| Oil | | | |
| Castor oil (ErandaSneha) | + | - | + |
| Sesame oil (Tila tail) | + | + | + |
| Rape seed oil/Indian mustard oil (Sarshapa tail) | + | - | + |
| Coconut oil (Narikela tail) | + | + | - |
| Cotton seed oil (Karpasbija tail) | + | - | - |
| Ground nut oil (Bhunimbi tail/ Snehabija tail) | - | + | - |
| Sunflower oil (Suryamukhi tail) | + | - | + |
| Safflower oil (Kusumbha tail) | + | + | + |
| White mustard oil (Rajika tail) | + | - | - |
| Linseed oil (Atasi tail) | + | - | + |
| + : Indicated, - : Contraindicated | | | |

DISCUSSION

The study was planned to elaborate the interrelationship of *Prakriti*, Diet for achieving and maintaining the healthy status. In this study *prakriti*, diet importance is given and diet for different *prakriti* is given.

CONCLUSION

Diet for different *Prakriti* is mentioned so that One should know the suitability for particular diet towards their body and then after consuming it. Hence knowledge of diet for different *Prakriti* is very essential. According to the aims and objectives the honest efforts have been made to clarify the concept of diet for different *Prakriti*.

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